

## Total Wellbeing Program 2023 for Employees: Earn up to \$250 per year

GOAL TYPE	DESCRIPTION	AWARD TYPE	AMOUNT
Health Assessment	Required annually for all subscribers. Complete on <a href="https://mycigna.com">mycigna.com</a> or <a href="https://kp.org/tha">kp.org/tha</a>	1 per year	\$100 - BOTH are REQUIRED to earn any rewards
Annual Physical	Required annually for all subscribers. Preventive, primary care exam	1 per year	
Health Assessment-Spouse	Complete on <a href="https://mycigna.com">mycigna.com</a> or <a href="https://kp.org/tha">kp.org/tha</a>	1 per year	\$25
Annual Physical-Spouse	Preventive, primary care exam	1 per year	\$10
Preventive Screening	Choice of 1 screening per year: colon, cervical, prostate, mammogram, OR annual OB/GYN preventive exam	1 per year	\$30
Preventive Screening-Spouse	Choice of 1 screening per year: colon, cervical, prostate, mammogram, OR annual OB/GYN preventive exam	1 per year	\$30
Omada	Complete at least 16 lessons of a Fairfax County-sponsored Omada program: <a href="https://go.omadahealth.com/fairfaxcounty">https://go.omadahealth.com/fairfaxcounty</a>	1 per year	\$25
Omada-Spouse	Complete at least 16 lessons of a Fairfax County-sponsored Omada program: <a href="https://go.omadahealth.com/fairfaxcounty">https://go.omadahealth.com/fairfaxcounty</a>	1 per year	\$25
Complete the Cigna Wellness Screening Form*	Complete the wellness screening form and upload it to <a href="https://mycigna.com">mycigna.com</a> . Cigna members only.	1 per year	\$10
Complete the Cigna Wellness Screening Form-Spouse*	Complete the wellness screening form and upload it to <a href="https://mycigna.com">mycigna.com</a> . Cigna members only.	1 per year	\$10
Achieve Health Outcomes	Achieve: Blood pressure level of less than or equal to 139/89 OR Healthy cholesterol ratio of <= 4.4 (women), <= 5 (men), OR Fasting blood sugar level of <100 mg/dl OR Non-fasting blood sugar level of less than 140 mg/dl	1 per year	\$30
Telephonic Health Coaching	Make progress toward a health goal with a coach Achieve a health goal with a coach	Progress: 1 per year Achieve: 1 per year	\$10 \$30
Dental Exam*	Visit your dentist for a dental/oral exam	2 per year	\$10 each
Vision Exam*	Visit an optometrist or ophthalmologist for a vision exam	1 per year	\$5
Tobacco Free Pledge*	Attest to being tobacco free, or complete a cessation program	1 per year	\$5
LiveWell Classes*	Participate in live webinars or workshops sponsored by LiveWell (in-person or virtual)	5 per year	\$10 each
COVID-19 Vaccine*	Receive the complete COVID-19 vaccine series (or complete 1-dose vaccine) or receive the COVID-19 vaccine booster	1 per year	\$5 each
EAP & Behavioral Health*	Complete at least 3 visits with an EAP or behavioral health provider (in-person or virtual)	1 per year	\$15
Blood Donation*	Donate blood at a community drive, donation center, or LiveWell-sponsored blood drive	2 per year	\$5 each
Complete a Community Race*	Participate in a community 5k, 10k, marathon, etc.	1 per year	\$10
Stay Physically Active*	Exercise at least 3 hours per week for at least 8 weeks at the Employee Fitness & Wellness Center or on <a href="https://burnalong.com">BurnAlong</a>	1 per year	\$10
Beneficiary Update*	Add or update beneficiary information for your life insurance benefit at <a href="https://readyenroll.com">Ready Enroll</a>	1 per year	\$5

\*Indicates self-reported activity via [mycigna.com](https://mycigna.com)